What is claimed is:

1. A method of overwriting data in a multi-session disk, comprising the steps of:

(a) checking the size of new data requested to be written;

(b) searching the multi-session disk for a session whose size is larger than the size of the new data;

(c) overwriting the session discovered in said step (b) with the new data; and

(d) updating temporary management information for tracks recorded in the multi-session disk to reflect the overwritten session in the temporary management information.

2. The method set forth in claim 1, wherein said step (b) adds up each size of tracks included in a session, and selects the session if the added-up size is larger than the size of the new data.

3. The method set forth in claim 1, wherein said step (b) adds up each size of files included in a session, each file size having been written in file system information recorded at the head of each track of the session, and selects the session if the added-up size is larger than the size of the new data.

4. The method set forth in claim 1, wherein said step (c) pads a remaining area not overwritten in the session with null data.

5. The method set forth in claim 1, wherein said step (d) replaces the temporary management information about tracks having been included in the overwritten session with temporary management information about the new track, and moves the temporary management information about tracks in next sessions following the overwritten session to a location right after the temporary management information

about the new track.

6. The method set forth in claim 5, wherein each track index number written in the moved temporary management information is changed appropriately to its track order.

7. The method set forth in claim 1, wherein said step (c) conducts the overwriting operation after confirming an overwriting request from a user.

8. The method set forth in claim 1, wherein said step (c) conducts the overwriting operation for a session selected by a user if the number of the sessions discovered in said step (b) is equal to or greater than two.

9. The method set forth in claim 1, wherein said step (b) provides a user with file information on all files included in a session, if discovered, whose size is larger than the size of the new data.

10. The method set forth in claim 1, further comprising the step of updating lead-in information of the overwritten session with information about the new track.

11. A method of overwriting data in a multi-session disk, comprising the steps of:

(a) checking the size of new data requested to be written;

(b) searching the multi-session disk for a plurality of consecutive sessions whose total size is larger than the size of the new data;

(c) overwriting the consecutive sessions discovered in said step (b) with the new data; and

(d) updating temporary management information for tracks recorded in the multi-session disk to reflect the overwritten sessions

in the temporary management information.

12. The method set forth in claim 11, wherein said step (b) adds up each size of tracks included in the consecutive sessions, and selects the consecutive sessions if the added-up size is larger than the size of the new data.

13. The method set forth in claim 11, wherein said step (b) adds up each size of files included in the consecutive sessions, each file size having been written in file system information recorded at the head of each track belonging to the consecutive sessions, and selects the consecutive sessions if the added-up size is larger than the size of the new data.

14. The method set forth in claim 11, wherein said step (c) pads a remaining area not overwritten in the consecutive sessions with null data.